

## SA Masters Athletics Winter Program 2022

Version 2 (update)

Correct as at 18/5/2022		Handicap Events - Gray	SAMA Championships - Orange
Subject to change in response to COVID-19 Public Activity Requirements for South Australia [ <a href="https://www.covid-19.sa.gov.au/">https://www.covid-19.sa.gov.au/</a> ]			
DATE	VENUE	WALKS	RUNS
30th April	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.30pm 6km, 2.45pm 4km, 3.00pm 2km
7th May	West Beach	1.45pm 10km, 2.15pm 5km, 2.35pm 2.5km	2.00pm 10km, 2.30pm 5km, 2.45pm 2.5km Beach run if possible
Low tide		<b>Handicap Event - Prizes</b>	
7th May	Bonython Park	ASA Relays #1 (Road)	
14th May	Cnr Greenhill & Peacock Road (Adelaide Hockey Club Rooms)	<b>2.00pm State 5km Walk Champs with SARWC</b>	<b>Do parkrun if desired</b>
	<b>parkrun</b>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <b>parkrun</b>	
21st May	Felixstow Reserve ( <b>NB. changed</b> )	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
21st May	West Beach	ASA State Road 10km Champs	
28th May	Western Districts Clubrooms	1.45pm 10km, 2.15pm 5km, 2.35pm 2.5km	<b>2.30pm SAMA State 5km Run Champs &amp; 2.45pm 2.5km Run</b>
Sun 29th May	Barossa Marathon Festival - This event is eligible for the 2022 AMA Postal Half-Marathon Championships.		
4th June	Bonython Park 2.5k Loop	1.45pm 10km, 2.15pm 5km, 2.35pm 2.5km	2.00pm 10km, 2.30pm 5km, 2.45pm 2.5km
4th June	Victoria Park	ASA Relays #2 (XC)	
11th June	East Terrace	1.45pm 10km, 2.20pm 5km	<b>SAMA XC State Championships 2.15pm 8km &amp; 6km 2.45pm 4km XC, 3.00pm 2km XC</b>
18th June	Western Districts Clubrooms	5km, 2.5km Turkey Handicap <b>Special start time 1.45pm &amp; 2.05pm</b>	5km, 2.5km Turkey Handicap <b>Special start times 2.10pm and 2.24pm</b>
		<b>SAMA AGM -Prizes</b>	
18th June	Flinders Athletics Club	ASA XC #1	
25th June	Oaklands Park	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
29th June -10th July	2022 WMA World Championships - Tampere, Finland		
2nd July	Cnr Greenhill & Peacock Road (Adelaide Hockey Club Rooms)	<b>1.30pm SAMA 10km Walk State Champs with SARWC</b> 1.30pm 12km, 2.00pm 5km	<b>Do parkrun if desired</b>
	<b>parkrun</b>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <b>parkrun</b>	
9th July	Oaklands Park	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.15pm 8km, 2.45pm 4km, 3.00pm 2km
		<b>Handicap Event - Prizes</b>	
16th July	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	<b>1.45pm SAMA 10km Run State Championships</b> 2.15pm 8km, 2.45pm 4km, 3.00pm 2km
16th July	Botanic Park	ASA XC #2	
23rd July	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road	<b>1.15pm SAMA 15km Walk State Champs</b> 1.45pm 10km, 2.35pm 4km, 2.45pm 2km	2.00 pm 10km, 2.45pm 4km, 3.00pm 2km Walkers' course
30th July	Le Fevre Terrace	2.00pm 8km, 2.35pm 4km, 2.45pm 2km	2.10pm 10km, 2.30pm 5km, 2.50pm 2.5km
30th July	Cnr Greenhill & Peacock Road (Adelaide Hockey Club Rooms)	ASA State Walk Champs (SARWC)	
	Victoria Park	ASA XC State XC Champs	
6th August		<b>Do parkrun if desired</b>	<b>Do parkrun if desired</b>
	<b>parkrun</b>	5km - <b>8.00am start</b> - WEAR SAMA UNIFORM - PREREGISTER ON-LINE WITH <b>parkrun</b>	
Sunday 7th Aug	Adelaide South Parklands, Park 19 Playground, Glen Osmond Road	<b>20km Walk SAMA State Championships and 20km Walk AMA Championships</b> 10am Start - Other distance - 10.10am 4km	<b>SAMA Half Marathon State Championships</b> Eligible for the 2022 AMA Postal H-M Championships. 10.10am Start - Other distance - 10.10am 6km
13th Aug	East Terrace	1.45pm 10km, 2.20pm 5km	XC 2.15pm 8km, 2.30pm 6km, 2.45pm 4km, 3.00pm 2km
13th Aug	Bonython Park	ASA Ekiden Relays	
20th Aug	Burbridge Road	2.00pm 8km, 2.35pm 4km	2.15pm 8km, 2.45pm 4km, 3.09pm 1km
		<b>Prizes</b>	
Sun 21st Aug	Adelaide Marathon Festival - This event is eligible for the 2022 AMA Postal Half-Marathon Championships.		
26-27th Aug	TBC Joint AA / AMA National XC Championships		
27th Aug	Bonython Park 3km course	1.30pm 12km, 1.45pm 9km, 2.15pm 6km, 2.45pm 3km	2.00pm 12km, 2.15pm 9km, 2.30pm 6km, 2.45pm 3km
3rd Sept	Felixstow Reserve	2.00pm 8km, 2.35pm 4km, 2.40pm 2km	2.30pm 6km, 2.45pm 4km, 3.00pm 2km, 3.09pm 1km
Sun 4th Sept	Park 10, War Memorial Drive	Fitzy's 5 - ASA State 5km Road Champs	
10th Sept	Western Districts Clubrooms	5km, 2.5km Turkey Handicap <b>Special start time 1.45pm &amp; 2.05pm</b>	5km, 2.5km Turkey Handicap <b>Special start times 2.10pm and 2.24pm</b>
		<b>WINTER PRESENTATION - Prizes</b>	
Sun 18th Sept	CITY-BAY		
21st-23rd Oct	SAMA WEEKEND AWAY - Port Hughes Holiday Park (Yorke Peninsular)		